



Khurram A. Khan, BDS, DMD | (513) 232-8989

Post-Op Instructions for Accelerated Osteogenic Orthodontics

- After PAOO surgery, do not disturb the site. Avoid touching the site and refrain from lifting or pulling on your lips to see the incision sites.
- Good oral hygiene is essential to good healing. Beginning the day of surgery the Peridex mouth rinse that was prescribed should be used twice daily as instructed for two weeks following surgery. Warm salt water rinses (1/4th teaspoon in a cup of warm water) can be used in between the use of Peridex mouth rinse, especially after meals.
- Brush your teeth as normal, just be cautious around incision sites. Be gentle initially while brushing the surgical areas.
- Some bleeding or redness in the saliva is normal for 24 hours. Bleeding can be controlled by biting on gauze placed along the incision site and should be changed every 30 minutes as long as it continues to bleed. If bleeding becomes excessive call the office.
- Excess pieces of bone graft material will be pushed out of the sites as the body absorbs what it needs and gets rid of the extra material. This is normal and the bone graft material will not harm you if swallowed.
- Sutures placed during surgery will dissolve on their own, this process usually begins around two weeks after surgery. Try to leave the sutures alone as much as possible. They may be removed at a later appointment by Dr. Khan.
- Swelling is a normal occurrence after surgery. To minimize swelling apply ice packs or jaw bra on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 72 hours.
- Drink plenty of fluids. Avoid hot liquids or food. Soft and cold foods should be eaten until you return for your post-operative exam.
- You may be prescribed Tylenol 1,000mg to take every 6 hours and Ibuprofen 600mg to take every 6 hours. Alternate these medications every 3 hours. If additional pain medications are prescribed please follow the directions on prescription. If you should have any questions please contact our office prior to taking. If antibiotics are prescribed please take the entire course as directed until they are gone.